

# DINNERLY



## Cheat's Chicken Calzone with Tomato and Spinach Salad



25 minutes



2 Servings

Here's our simple take on calzone, the Italian folded pizza, with ready-made pita bread instead of fresh dough. Make a salad while it crisps in the oven for a scrumptious and speedy meal.



## WHAT WE SEND

- 10g Tuscan seasoning <sup>17</sup>
- free-range chicken tenderloins
- 1 tomato
- 1 red onion
- 4 pita breads <sup>1,6</sup>
- 50g baby spinach leaves

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tbs tomato paste
- 1 tsp red or white wine vinegar <sup>17</sup>

## TOOLS

- large oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm,  
so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 605kcal, Fat 20.1g, Carbs 53.5g,  
Proteins 43.9g



## 1. Prep ingredients

Preheat the oven to 220C. Line a large oven tray with baking paper. Crush or finely chop 2 **garlic cloves**. Combine the garlic, **Tuscan seasoning** and 2 **tsp olive oil** in a large bowl and season with **pepper**. Add the **chicken** and toss to coat.



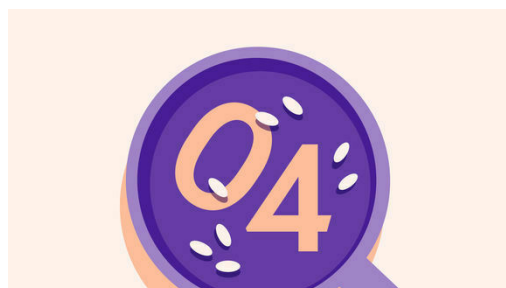
## 2. Cook chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan and coarsely shred with two forks. Meanwhile, halve the **tomato** and thinly slice. Thinly slice the **onion** (see Kitchen 101).



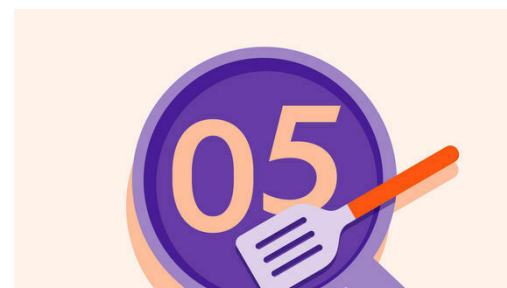
### 3. Bake calzones

Lay **2 pitas\*** on the lined tray. Spread with **2 tbs tomato paste**. Top half of each pita with half of each of the **spinach, tomato** and **onion**, then top with the **chicken**. Fold the pitas over to enclose the filling, then brush with **1 tbs olive oil**. Bake for 9-10 mins until the pitas are golden and crisp.



#### 4. Make salad

Meanwhile, combine **2 tsp olive oil** and **1 tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **remaining spinach, tomato and onion** and toss to combine.






## 5. Serve up

Divide the **calzones** and **salad** among plates and enjoy!



## 6. Kitchen 101

Raw onion can have a strong taste if chunky, so very thinly slice with a sharp knife or use a mandoline if you have one. We save half the raw onion for the salad, but you can add it all to the calzones in Step 3 if you prefer.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](http://dinnerly.com.au)    **#dinnerly**

 **Packed in Australia**  
from at least 95%  
Australian ingredients